

Want to learn ASL without adding more to your day? Use this easy 2 step method to begin learning ASL today!

Alaine: [00:00:00] Hi, welcome to Raising Deaf Kids. I'm your host, Elaine. You have the best of intentions to learning ASL or sign language. The practice keeps falling through the cracks all the time. You get to the end of the day or the week and you realize that you made no real progress in learning or practicing sign language or ASL.

Alaine: So learning sign language or ASL is 100 percent possible to fit into your day without it taking over your whole life. So today I'm going to give you my easiest two step process to learning ASL in a simple way that fits into the cracks of your day. Let's discuss.

Alaine: Hey, welcome to Raising Deaf Kids. Are you tired of spending your precious time after the kids go to bed googling and scrolling Instagram for answers like, how do I learn sign language? [00:01:00] Do you feel overwhelmed by all of the decisions that you have to constantly make for your child? Hey, I'm Elaine. I'm a mom of three littles, two of whom are deaf.

Alaine: I remember what it felt like to learn that my child was deaf for the first time. It felt like the rug got torn out from under my feet, and I was falling without a net in sight. How did I get through those crazy early years of learning new ways of life without completely going insane? By creating solid foundations for my child of communication strategies, academic skills, and routines at home.

Alaine: And I can't wait to share it all with you. Together, we're going to build a strong foundation that will support your child and help them thrive. So put down that to do list, close out that ASL app for now, and let's get started.

Alaine: Did you know that I have a free community of parents just like you? Busy parents who [00:02:00] want to parent their child with more confidence while still getting all of the things done in the house each day. In our community, we share strategies to help our kids learn language faster, a no

sweat approach to the IEP, and we lean on each other for support and encouragement in this up and down journey of hearing loss with your kids.

Alaine: If you haven't found your community yet, then welcome home. Come join us at [facebook.com/group/raisingdeafkids](https://www.facebook.com/group/raisingdeafkids).

Alaine: Hey, welcome back to the show. So today we're going to talk about learning ASL or sign language in a way that fits into your regular daily routine. And I, you know, I'll say, I live in the United States. And so I, Learning a SL American sign language, because that's where I learned. So if I'm kind of using ASL slash sign language as synonymous with each other I understand it.

Alaine: Just so we all understand that A SL is American sign language and there's lots of different sign languages depending on where you [00:03:00] live and what, where you're listening from right now. But I'm in the United States and we use a SL, so that's kind of my default. But really if I say it's a SL, I mean any signed language, that you have even cued speech as well. So back to the story, back to the podcast. So learning ASL, we ended up having a child who has cochlear implants but does not have full access to hearing with his cochlear implants. He has a small cochlear nerve and the sound does not travel as well potentially through that nerve.

Alaine: And so. There may be parts of the sentences, parts of words that he is missing. He's still kind of young, you know, and so he's not quite old enough to exactly tell us what he can and cannot hear and, you know, and also go into the fact that kids sometimes don't know what they don't hear because they're young.

Alaine: [00:04:00] Masking and they're very perceptive and they're coming up with other ways of, like, understanding and communicating. So it's supposed to say he's a little bit young to really get the full picture yet. So, since he was born, it's always been suggested to us, highly recommended that we use some type of visual.

Alaine: With the spoken language just to, to give him a total communication approach. So this, and this was not something that I had to do with my first son. So my first son has full hearing with his cochlear implants. We did, you know, spoken language and speech with him. We did a few signs when he was a baby, just so like kind of bridge that gap.

Alaine: And once he started talking, the signs fell away. So with our second son, We had to find a totally different way of communicating than what we were even used to with our first son. And so, I had, you know, a two year old and a

baby, both, [00:05:00] both deaf. And all of a sudden we were like, now we do have to learn some signs.

Alaine: We have to learn sign language or start learning. you know, something about signs and we have to teach it to him. Okay. I had two young kids, like how in the world, you know, am I going to do this? This was my thought process. How am I going to like, keep up with the speech therapy? Because my oldest, who was, you know, two and a half, three at the time still needs to learn the spoken speech.

Alaine: How do I practice with him? How do we start learning signs? How do I start teaching it to, you know, my, you know, Second one, who was my youngest at the time and do everything else that you have to do in a day when you're busy, you know, with a two and a half, three year old and a baby and the cooking and cleaning and keep you at the house and just keep everybody alive.

Alaine: How do you do that? And I know that you are, you know, at that point too, if you're listening to this, you're probably a busy [00:06:00] parent. You probably have multiple kids and you're also wondering the same thing. Maybe you're saying, I want to learn sign language, I want to learn ASL, I want to work on it with my child, but gosh, it's a lot, and it is a lot because I've lived it, and I'm currently living it still, and it's a lot to do, but I do want to tell you that it is possible, and what happened with me was I said, we have to do this, and this is how that child is now six years old, and he does primarily communicate with ASL signs.

Alaine: So we have to do it and this has had to get done for my child to actually communicate with him. So I said, well, however we learn this has to fit into our daily routine. My, you know, our day is too full, it's too packed to fit anything else in right now. We're doing all sorts of, you know, appointments, speech therapy, we had physical therapy at the time, occupational therapy, we had a lot more therapies [00:07:00] at the time that we were starting this and.

Alaine: So I said, anything else that is going on has to fit into the daily routine, so it has to be something, that was my first criteria. This has to be something that I can do, kind of like multitasking while I'm doing other things in the day. And then my second criteria was, this has to be something that we can break up into chunks and just learn a little bit at a time.

Alaine: And my two step method was born and and it has worked for our family. We are not completely fluent in ASL. We are still learning, but we know a lot of signs and that is basically where my six year old is at and he's starting to

put signs together. Which is really exciting right now. It's taken us a while, like years to get over kind of that hump.

Alaine: So we are still learning and we're still doing this method today because Had a third child and my life did not get any, [00:08:00] you know easier or less complicated and the two step method that I'm going to talk to you about today is still the method that we use to, you know, incorporate learning more and more signs and practicing sign language.

Alaine: in our day. And just to remind you, it has to be something that, you know, I could work on during the day, you know, in my regular routine. So I don't want to take any extra time out of my day if possible to do this. And it has to be something that we can break up into smaller chunks and learn a little bit at a time.

Alaine: And that's exactly what we've done. Now I want to go ahead and tell you before we jump into a little bit more specifics on these two steps that we're getting ready to talk about. I have a whole email course about how to teach your kids to sign without overwhelm. And that email course, over five days, emails will be delivered to you totally free.

Alaine: And it will help you start breaking up [00:09:00] learning signs. I think over the course of the five days, you'll learn about 20 signs with your kids and you'll start practicing them. And, And that five day email course is based on the two step method that I'm getting ready to teach you right now. And then I give also, you know, all types of you know, examples about how to incorporate these signs into your daily life, into your routine and such.

Alaine: So you can, if you want to sign up for that email course, it's fantastic. I've had so many people go through it and they love it and they say it really helped them. Start learning signs and kind of get them like a head start on learning signs and kind of get their momentum going and then they were able to keep practicing once they.

Alaine: Did this two step method because you do this two step method for five days in a row. So you really get the hang of this method. And then after the email course, you can continue to do this method because now you know it and build on like more and more [00:10:00] signs. So it really is fun. And a lot of people have gotten a benefit from it.

Alaine: So you can go to Elaine Jacobs dot my flow desk dot com slash. Teach your kids to sign and I'll put that in the show notes as well. So if you're wanting

to kind of learn, start learning how to sign, that's a fantastic place to start and you'll learn about 20 signs over five days, but it'll be so easy and you won't even realize it.

Alaine: So this is going to kind of be quick and dirty because it's just a two step method. It's honestly really simple. So number one first step is you need to pick two to three signs to learn in the week. So ideally these will be signs that come up regular regularly in your day. So you know, focus on signs that get you through your daily routine.

Alaine: So you know, signs that involve eating are great because you can practice them three times a day at breakfast, lunch, and dinner. You know, any signs that involve like. bathing, like bath time, or [00:11:00] getting dressed, or waking up, or going to bed. I would start with signs that come up regularly in your daily routine, because that will make it really easy to practice them while you're doing that routine.

Alaine: And then I want you to look up those signs. I can put in the show notes, but there are some apps that you can look up. ASL Bloom has like a dictionary, an ASL dictionary that has a lot of really common signs that you're probably going to want to start with. And also I use ASL Pocket Dictionary that has a really good dictionary.

Alaine: And then that you can look up any word and they'll show you the sign for it. And that's what we use a lot. So go ahead and pick two to three signs to learn this week, to learn practice this week, and then look them up so that you know what they are. And my second step is once you have the signs that you want to practice, practice those signs every day during your daily routine.

Alaine: That's step number two. Hey, try to [00:12:00] input them at least three times during your practice because there is a thing with the brain that we process things like in threes. We also remember things if you repeat them like three times in a row, your brain, like, remembers them better. So that's why I tend to do things in twos or threes to teach you guys because that is like the capacity that the brain can like handle.

Alaine: And Anyway, so you just practice those signs every day in your daily routine for the whole week and try to input them at least three times. You know, so if you're practicing the sign more, for example, you know, practice more eating, more water, you know, more toys, more crackers. You can input more so much during the day and just input it as it comes up in your daily routine.

Alaine: And then you just rinse and repeat each week, [00:13:00] okay? And, you know, the next week, pick two or three new signs. Look them up, practice them as they come up every day in your daily routine. And then just keep doing that every week, and you'll be surprised at how much vocabulary you can build up in sign language in a small amount of time when you do this.

Alaine: And that is really what we're doing here. And that's the first step in learning a language, is building vocabulary. So if you're new to sign language or you're just wanting to get better at it, you have to know the vocabulary. The vocabulary is like 90 percent of knowing a language, okay, because you can't put grammar together and stuff if you don't know the words.

Alaine: So you have to know the words first and to really be fluent and be able, you know, to say that you know a language, you have to know a lot of words. Right, and be able to talk. And so this right here, what you're doing each week is you're building that vocabulary. You're [00:14:00] building on two to three signs each week, and you know, you'll be surprised at how much you learn.

Alaine: And then once you build up some more vocabulary, you can start putting the signs together. And then that's how you start building out, you know, small sentences and longer sentences. And then you can start learning the grammar because you know the vocabulary. Okay, but the core of it is picking those two to three signs each week, hook them up, and then practice them every day that week in your routine, and then rinse and repeat the next week.

Alaine: That's literally all it is, and honestly, this is how I learned my first foreign language, which was Spanish. I learned it in high school and college and this is how I learned it, is I just practiced the vocabulary every day in my daily routine, like when I got home from school, when I was at school, if I knew that I knew the word in Spanish instead of English, I would say it in Spanish instead of English.

Alaine: And it was really effective in learning the vocabulary that I needed to be able to then, like, learn the grammar of Spanish [00:15:00] really quickly. And this is how my family is learning ASL now for our child, and it has been effective. We have learned a lot of signs. We're at the point that we're starting to put together.

Alaine: A few signs in a row and starting to be able to understand a little bit about grammar because we know enough vocabulary now. And my son is starting to put together you know, a few signs in a row as well. So, learning a language is not a fast process, but if you do it consistently and do a few signs

every week, you'd be surprised at how fast you actually can learn and build that base of vocabulary.

Alaine: And once again, if you want to get started learning ASL, then go ahead and sign up for my email course, teach your kids to sign. It's so fun and you will learn about 20 signs in the course of five days, but [00:16:00] it will be really simple and easy and you won't even realize that you're learning or practicing that many and that will teach you this two step method.

Alaine: And then after that, you'll be able to add on. More signs and keep doing this method to keep learning sign language. Remember you can go and sign up for the email course at Elaine jacobs. myflowdesk. com slash teach your kids to sign. And I'll put that in the show notes as well. I hope this episode helped you today.

Alaine: I hope it helps you see how easy you know, starting to learn sign language can actually be, and it doesn't have to be this really big process. You literally can do this in two steps. You know, in your routine and see actual real results with this. I know that as parents, we want the absolute best for our kids.

Alaine: And unfortunately, kids, especially kids with hearing loss, do not come with a handbook. I want you to know that simply by being here and listening, you're doing a great job as a mom or a [00:17:00] grandparent or a teacher because you are learning and trying to find better ways to help. Your kid and I am proud of your efforts and I'm so glad that you're here.

Alaine: I'll see you on Thursday where we are going to discuss all about what to do when your child's teacher is not using the FM system or the main mic in a classroom. And I cannot wait to share with you some ways to strategize through that. So I will see you back on Thursday.

Alaine: Hey, I hope this episode today blessed you big time. If so, would you take 30 seconds and leave a quick review for the show on Apple Podcasts? It lights me up to know that this podcast is helping you and leaving a review helps other parents to find this podcast too. If you have a friend who needs to hear this podcast episode today, be a pal and text it or share it with them.

Alaine: Now go check off the rest of your to do list and I'll meet you here every Tuesday and Thursday for podcast episodes to support your [00:18:00] whole family in language learning and parenting your deaf and hard of hearing child with confidence. Adios!